



**South Austin Senior Activity Center**  
**3911 Manchaca Road**  
**Austin, TX, 78704**  
**512-448-0787**  
**Monday-Friday 8:00 AM - 5:00 PM**  
**<http://www.austintexas.gov/department/south-austin-senior-activity-center>**  
**Facebook: Austin Parks and Recreation**  
**Department - Seniors**



# April 2012



The City of Austin is proud to comply with the Americans with Disabilities Act. If you require assistance for participation in our programs or use of our facilities, please call 512-448-0787.



## ABOUT THE CENTER...

The South Austin Senior Activity Center (SASAC) is located at 3911 Manchaca Road, just north of Ben White Blvd. SASAC's hours are from 8:00am until 5:00pm Monday through Friday, with special evening and weekend rentals. Games, arts and crafts, health and fitness, group socials, organization meetings and private rentals comprise the many services provided by SASAC. Participants may fill out an Information Card at the front desk. Friendly staff and volunteers are happy to answer any questions you may have. A calendar year donation (January-December) of \$10.00 is appreciated and \$10.00 if you would like a newsletter mailed to your home. Donations go to the SASAC Advisory Board funds that directly enhance center's activities. A SASAC Volunteer is available at the Front Desk to collect donation and newsletter payment Mon.-Fri. from 9:00am-1:00pm or you may send by mail.

## Special Events/Programs



### AARP Tax Aide

**Tuesdays , March 1st - April 17th**

Sign up sheet will be available at 8am. First come, First serve. Please come by the center for a sheet on what the AARP volunteers CAN and CANNOT complete.



### Club 5k Walking Group

**Thursdays @ 12PM**

Join staff member, Sandy Heath, in our own walking club. Come out and train for a 5k walk, or if you just want to get moving! All levels of fitness welcome.

### SASAC Community Garden Kick - off

**Saturday, April 21st – 9-11am**

(see more info on page 5)

**Notice Date  
Change**



## Special Events/Programs

### Pickin' Music Circle

**Tuesday, April 24th - 10am**

Do you play an instrument? A guitar, a horn, harmonica? Do you like to sing?

Come try out our music circle in the courtyard. Bring your instrument, enjoy our beautiful courtyard and jam out. If you don't play and just want to enjoy the music, check it out!



**Notice Time  
Change**

### April Birthday Party

**Thursday, April 26th– 12:00**

Enjoy a slice of cake and ice cream and celebrate SASAC participant's who had a birthday during the month.



### Community Garden Weekly Meetings

St. David's Foundation and Resolution Gardens are heading up a weekly meeting for input on the raised community gardens and to give updates on the progress.

**When: Mondays, April 2nd – 16th**

**Time: 10:30am -11:15am**

**Where: Game Room**

**Contact: West Baxter  
(512) 448-0787**



## Cards/Bridge

### Beginning Bridge

Fridays 9:00am-11:00am  
Learn the basics of bridge.  
This free class is designed for  
beginners and those who  
need a refresher course.  
**Instructor: Gary Silcott**  
**Fee: Free**

### Table/Progressive Bridge

Mondays, Wednesdays, and  
Fridays  
12:30pm-3:00pm  
**Fee: Free**

### Gentle Duplicate Bridge

Tuesdays 12:30pm-3:30pm  
**Instructor: Larry Davis, Club  
Manager**  
**Fee: \$5.00**

### Savannah Canasta

Thursdays, April 12th and 26th  
10am-3pm  
**Fee: Free**

### Pinochle

Tuesdays & Thursdays  
9am-2pm  
**Fee: Free**



## Writing

### Writing the Stories of Your Life

**Wednesdays**  
**April 4th - May 9th**  
9:45am-11:15am

Your memories are your real family treasures! Have fun learning  
techniques for retrieving, writing and polishing your memories, so  
that you can assemble them into your life  
story.

**Contact Instructor in Advance**  
**for Registration Information/Availability**

**Fee: \$36 (6 Sessions)**

**Instructor: Rosalind Bond**  
**(441-3014)**



**Austin Parks and Recreation Department Refund Policy:** The activity/program fee is refunded in full only if the class is cancelled by the Austin Parks and Recreation Department. In the event you need to withdraw from a class due to personal reasons, personal injury/illness, etc. the prorated activity fee minus a \$10 processing charge will be refunded. A medical verification may be required. Please allow 4-6 weeks for refunds to be processed and mailed—no cash refunds will be given. If the refund amount is less than \$10, no refund will be issued but you may receive a class credit form to be used within 90 days.

## Public Meetings

### Travis County Deaf Assoc.

Thursday, April 5th  
1:00pm-4:00pm

### SASAC Advisory Board Meeting

*South Austin Senior Activity Center*  
Wednesday, April 11th  
12:00-1:00pm

### South Austin AARP #2426

*American Assoc. of Retired  
Persons*  
Wednesday, April 18th  
8:00am-12:00pm

### NARFE

*Nat. Assoc. of Retired Federal*  
Thursday, April 19th  
9:00 - 1:00pm

### AARP Driver Safety

**Thursday, April 26th**  
**1-4pm**

This class is designed for the  
mature driver.

***Will not dismiss traffic  
violation***

***- For insurance discount only-***

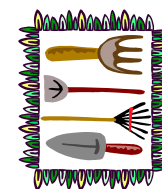
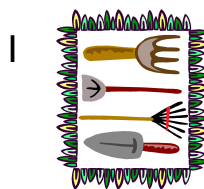
**Fee:** \$12 for AARP Members;  
\$14 for Non-AARP Members  
***Sign-up in advance at the  
Front Desk .***

**Payment due on the day of  
class;**

**CHECK ONLY payable to  
AARP**

## Community Garden Kick Off

**Saturday, April 21st 9-11am**



In partnership with St. David's Foundation Health's Angels and  
Resolution Gardens, we will be planting our new Community  
Garden! Come out and help with this rewarding project and learn  
more about the fruit and vegetable garden that will be built on  
SASAC Property. The garden will include raised beds to make it  
easier for all! Refreshments will be served! Come check it out!

**This Event is Free!**

# Fitness Classes

## Yoga

**Mondays, Wednesdays and Fridays**

**9:00am-10:00am**

Feel better; increase your strength and balance while gaining flexibility.

**Instructor: Charlie Pivert**

**Fee:** \$10 Drop - In class  
\$ 25 for 3 classes



**Senior Health and Fitness-  
Tuesdays, 9:00am-10:00am  
Thursdays, 8:30am-9:30am**

Total body cardiovascular workout  
taught in a FUN class format.  
Four sets of activities (15 minutes each).

**Instructor: Video Tape  
Fee: Free**

## Tai Chi for Seniors

**Tuesdays, March 27th - May 1st**

**Fridays, March 30th – May 4th**

**10:00am-11:00am**

T'ai Chi has many proven Health Benefits for seniors, from increased balance and bone strength, to greater strength and flexibility. T'ai Chi is also one of the safest exercises around because it is practiced slowly and with zero impact

**Instructor: Kade Green, Sifu**

**Fee:** 6 Sessions \$30.00 (Tuesdays only) \$30.00 (Fridays only-4 this session)  
\$50.00 (Tuesdays & Fridays)



**Seniorcize w/Kade Green**

**Wednesdays 10:30-11:00am**

Join Kade for a workout geared to adults 50 and older.  
A great way to stay active and get back into shape.

**Instructor: Kade Green  
Fee: Free**

## ZUMBA

**NEXT Session in May**

**2:00pm - 3:00pm**

Join the Latin-inspired, easy-to-follow, calorie-burning, dance fitness-party for women and men. Zumba has several health benefits, including: Heart and Joint strengthening, Muscle Toning, Stress Relief, Weight Loss, and Releases Toxins from the Body.

**Instructor: Debra Bullard**

**Fee: 6 sessions \$36.00**

# Dancing Classes/Groups

## Dancing

### Beginning Line Dance: Basic Steps

**Mondays 1:00pm-2:00pm**

Learn basic steps and fun dances.

**Instructor: Joan Cox (288-4135)**

**Fee: Free**



### Beginning Line Dance

**Mondays 2:00pm-3:30pm**

Line dancing is healthy for body and mind.

Have fun, make friends and learn a variety of dances.

**Instructor: Joan Cox (288-4135)**

### Rocking Chairettes

**Thursdays 9:30am-11:00am**

Rocking Chairettes is a line dance group that performs at various locations and has been honored with several awards.

**Contact: Terry Humphrey (482-0055)**

### Intermediate Line Dance

**Thursdays 1:30pm-3:00pm**

This is a great way to exercise your body and your brain, while having fun! We have all levels of dancers in the class and practice all levels of dances, including beginners, intermediate, and advanced. Give it a try!

**Instructor: Joleen Tucker  
Fee: Free**

### Friday Workshop: Advance Line Dance

**Fridays 1:00pm-3:00pm**

Learn advance steps and fun changing dances.

**Instructor: Joan Cox (288-4135)**

**Fee: Free**



# Monday

# Tuesday

# Wednesday

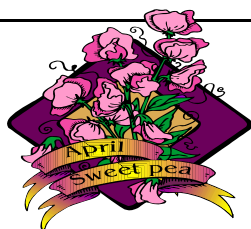
# Thursday

# Friday

2 Yoga 9-10 Intro to Spanish 9-10:30 Leona's Bridge 10-3 <b>Community Garden Meeting 10:30-11:15</b> Bridge 12:30-4 Ping Pong 1-4 Basic Steps 1-2 Beg. Line Dance 2-3:30	3 <b>AARP TAX AIDE 8:30-12:30</b> Sr. Health & Fitness 9-10 Knitting 9-11 Pinochle 9-2 <b>*Tai Chi 10-11*</b> Gentle Dup. Bridge 12:30-3:30 Mah Jong 12:30-3 Bingo 1-3	4 Yoga 9-10 Ceramics 9-11 Seniorcize 10:30-11:00 <b>*Writing 9:45—11:15*</b> Let's Sing 12:15-1:30 Bridge 12:30-4 Painters 1-3:30	5 Oil Painting 8-4 Sr. Health & Fitness 8:30-9:30 Honey Bee 9-1 Rocking Chairettes 9:30-11 Pinochle 9-2 <b>Walking Club 12</b> Int Line Dancing 1:30-3 <b>Travis County Deaf Assn.1-4</b>	6 Yoga 9-10 Bingo 9-11 Beginning Bridge 9-11 <b>*Tai Chi 10-11*</b> Chess Play 10-12 Mah Jong 12:30-3 Bridge 12:30-4 Adv. Line Dance 1-3
9 Yoga 9-10 Intro to Spanish 9-10:30 Leona's Bridge 10-3 <b>Community Garden Meeting 10:30-11:15</b> Bridge 12:30-4 Ping Pong 1-4 Basic Steps 1-2 Beg. Line Dance 2-3:30	10 <b>AARP TAX AIDE 8:30-12:30</b> Sr. Health & Fitness 9-10 Knitting 9-11 Pinochle 9-2 <b>*Tai Chi 10-11*</b> <b>*Garden Speaker 10-11*</b> Gentle Dup. Bridge 12:30-3:30 Mah Jong 12:30-3 Bingo 1-3	11 Yoga 9-10 Ceramics 9-11 Seniorcize 10:30-11:00 <b>*Writing 9:45—11:15*</b> <b>Advisory Board 12-1</b> Let's Sing 12:15-1:30 Bridge 12:30-4 Painters 1-3:30	12 Oil Painting 8-4 Sr. Health & Fitness 8:30-9:30 Rocking Chairettes 9:30-11 Pinochle 9-2 Canasta 10-3 <b>Walking Club 12</b> Int Line Dancing 1:30-3	13 Yoga 9-10 Bingo 9-11 Beginning Bridge 9-11 <b>*Tai Chi 10-11*</b> Chess Play 10-12 Mah Jong 12:30-3 Bridge 12:30-4 Adv. Line Dance 1-3
16 Yoga 9-10 Intro to Spanish 9-10:30 Leona's Bridge 10-3 <b>Community Garden Meeting 10:30-11</b> Bridge 12:30-4 Ping Pong 1-4 Basic Steps 1-2 Beg. Line Dance 2-3:30	17 <b>AARP TAX AIDE 8:30-12:30</b> Sr. Health & Fitness 9-10 Knitting 9-11 Pinochle 9-2 <b>Blood Pressure/Sugar Screening 10-12</b> <b>*Tai Chi 10-11*</b> Gentle Dup. Bridge 12:30-3:30 Mah Jong 12:30-3 Bingo 1-3	18 <b>AARP Meeting 9-12</b> Yoga 9-10 Ceramics 9-11 Seniorcize 10:30-11:00 <b>*Writing 9:45—11:15*</b> Let's Sing 12:15-1:30 Bridge 12:30-4 Painters 1-3:30	19 Oil Painting 8-4 Sr. Health & Fitness 8:30-9:30 Honey Bee 9-1 Rocking Chairettes 9:30-11 Pinochle 9-2 <b>NARFE-9-1</b> <b>Walking Club 12</b> Int Line Dancing 1:30-3	20 Yoga 9-10 Bingo 9-11 Beginning Bridge 9-11 <b>*Tai Chi 10-11*</b> Chess Play 10-12 Mah Jong 12:30-3 Bridge 12:30-4 Adv. Line Dance 1-3
23 Yoga 9-10 Intro to Spanish 9-10:30 Leona's Bridge 10-3 Bridge 12:30-4 Ping Pong 1-4 Basic Steps 1-2 Beg. Line Dance 2-3:30	24 Sr. Health & Fitness 9-10 Knitting 9-11 Pinochle 9-2 <b>*Tai Chi 10-11*</b> <b>Pickin' Music Circle 10</b> Gentle Dup. Bridge 12:30-3:30 Mah Jong 12:30-3 Bingo 1-3	25 Yoga 9-10 Ceramics 9-11 <b>*Writing 9:45—11:15*</b> Seniorcize 10:30-11:00 Let's Sing 12:15-1:30 Bridge 12:30-4 Painters 1-3:30	26 Oil Painting 8-4 Sr. Health & Fitness 8:30-9:30 Rocking Chairettes 9:30-11 Pinochle 9-2 Canasta 10-3 <b>Walking Club 12</b> <b>Birthday Party 12</b> <b>*AARP Driver Safety 1-4*</b> Int Line Dancing 1:30-3	27 Yoga 9-10 Bingo 9-11 Beginning Bridge 9-11 <b>*Tai Chi 10-11*</b> Chess Play 10-12 Mah Jong 12:30-3 Bridge 12:30-4 Adv. Line Dance 1-3
30 Yoga 9-10 Intro to Spanish 9-10:30 Leona's Bridge 10-3 Bridge 12:30-4 Ping Pong 1-4 Basic Steps 1-2 Beg. Line Dance 2-3:30				



Blue Bins are found throughout SASAC for Recycling! Please place your empty soda cans - aluminum, plastic or glass bottles, and/or paper in the them. Please DO NOT place trash, Styrofoam cups, food packaging, or compost in them! Any questions ask staff!



# April 2012



# Trips

Trip registration is a **FIRST-COME, FIRST SERVE PAYING SYSTEM.**  
**Trip Registration begins Thursday, April 5, 2012**

Trip Registration Forms are available at 8:00am.

**Trip Registration will start at 8:30am.**

You may sign up for yourself and one other person.

You must pay for the trip at the time you register. - All trips are subject to change due to weather.

-All trips are subject to PARD director Approval

## **1. Prime Outlet Mall and Cracker Barrel (San Marcos, Texas)**

**Wednesday, April 11**

Get your wallets and purses ready! SASAC is going shopping at one of the top outlet malls in Texas. Afterwards, we will be heading over to Cracker Barrel to eat some southern home cooking.

**Departure Time: 9:00am**

**Returning Time: 3:00pm**

**Cost: \$3.00**

**Additional Expenses: Cost of Lunch & Shopping**

**Trip Limit: 21**

**Walking: High**



## **2. East Austin Garden Fair (Austin, Texas)**

**Saturday, April 14**

SASAC has been invited to the East Austin Garden Fair which will be promoting sustainable gardening through a collection of demonstration.

**Departure Time: 9:30am**

**Returning Time: 2:30pm**

**Cost: Free**

**Additional Expenses: Bring Sack lunch**

**Trip Limit: 22**

**Walking: High**



## **3. Hiking at Greenbelt (Austin, Texas)**

**Tuesday, April 17**

Ryan Eaker, from Camacho Recreation Center, will be leading SASAC on a hike through Austin's beautiful Green Belt.

**Departure Time: 9:00am**

**Returning Time: 12:00pm**

**Cost: Free**

**Trip Limit: 21**

**Walking: High**



# Trips

## **4. Painted Churches with the Assistance League (Schulenburg, Texas)** **Tuesday, April 24**

By popular demand, SASAC is heading back to Schulenburg with the Assistance League to see the fascinating Painted Churches.

**Departure Time: 7:00am**

**Returning Time: 5:00pm**

**Cost: \$5.00 – Includes Meal**

**Trip Limit: 39**

**Walking: Moderate**



## **5. University of Texas vs. A&M Women's Softball (Austin, Texas)** **Saturday, April 28**

Are you ready for some softball? SASAC is going to the final meeting of UT vs. A&M in the Big 12 Conference. You don't want to miss this event as UT is ranked #5!

**Departure Time: 11:30am**

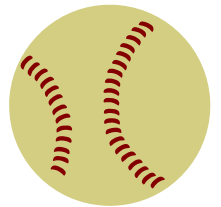
**Returning Time: 4:00pm**

**Cost: \$8.00 – Includes admission**

**Additional Expenses: Cost of snacks**

**Trip Limit: 15**

**Walking: Moderate**



## **6. Senior Picnic at Fiesta Gardens (Austin, Texas)** **Friday, May 18**

Join SASAC for the Senior Programs Picnic. We will have a great time being active, playing games, enjoying the beautiful outdoors of Austin, and great food!

**Departure Time: 9:30am**

**Returning Time: 2:30pm**

**Cost: \$3.00**

**Trip Limit: 50- 22 availability for bus**

**Walking: Moderate**



# Groups/Special Interest

## Visual and Performing Arts

### Knitting & Crocheting

**Tuesdays**

**9:00am-11:00am**

Bring what you are working on. Share ideas, skills and learn. If you would like to learn the art of crocheting, participants are willing to teach!

### Ceramics Circle

**Wednesdays**

**9:00am-11:00am**

Bring your ceramic project and join other ceramic enthusiasts as you work

**Fee:** Free

### Let's Sing-a-Long

**Wednesdays**

**12:15pm-1:30pm**

Bring your instrument and your singing voice. Celebrate the gift of song!



### Wednesday Painters

**Wednesdays**

**1:00pm-3:30pm**

If you use pastels, oils, acrylics, etc., bring your supplies and enjoy the fun.

### Honey Bee Quilters

**Thursdays**

**April 5th and 19th**

**9:00am-2:00pm**

The Honey Bees are inviting anyone interested in quilting to come to their monthly meetings or call Judith Walpole 512-297-2424.

### Oil Painters

**Thursdays**

**8:00am-4pm**

Come in and share your creativity with other painters!



# Groups/Special Interest

## Recreation and Games

### Recreation Room

Complete with treadmills, recumbent bikes and pool tables.

Available for daily use unless posted.

### Dominoes Play

There is usually a game of 42, 84 or Chicken Foot played throughout the day.

### Ping Pong

Mondays from 1-4pm



SASAC will set up the ping pong tables on Monday afternoons. Come give it a try!



### Mah Jong

**Tuesdays & Fridays**

**12:30pm- 3:00pm**

Join in on the classic game!

### Chess Club

**Fridays 10:00am-12:00pm**

All levels - New Players Welcome!!

### Euchre

Wanted Euchre card players please call Evelyn at 326-4498

### Bingo

**Tuesdays 1:00pm-3:00pm**

**Fridays 9:00am-11:00am**

**25¢ per card - 8 Card Limit**

## Spanish

### **BASIC INTRODUCTION TO SPANISH CONVERSATION**

**Mondays 9:00am-10:30am**

Want to know more about the Spanish language?

This program will introduce to you the alphabet and basic phrases. Materials needed: notebook, pen/pencil and a Spanish dictionary (optional).

**Instructor:** Jose and Bertha Cruz

**Fee : Free**

*Bienvenido*

Interested in joining the Garden Committee?



With the installation of our community

garden, and the upkeep of our flower beds, we need some volunteers.

Whether you have gardening experience, or would like to learn more about it...please consider joining this committee.

Stop by the center and ask to speak to West Baxter or Frank Sclafani for more information!

Meet new friends while eating a nutritious hot lunch every day at SASAC. A \$1 donation for those over 60 is greatly appreciated. This donation offsets the cost of staff, meal costs, dietary supplies, and delivery.

### ***Congregate Meal Registration Required***


Meal Tickets are distributed on a **First Come First Served** basis beginning at 9:30am each morning.

*Tickets distributed equal the number of meals ordered for that day.*

Lunch is served daily from 11:30am-noon with milk and water.

For ineligible guests **OVER 60** (not registered) and guest **UNDER 60** the cost of the meal is \$5.39.

Due to unavailability of certain items, substitutions may need to be made.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> <b>Beef With Gravy</b> <b>Penne Noodles</b> <b>Cali Vegetables</b> <b>Wheat Bread</b> <b>Fresh Fruit</b> <b>Cal:631</b>	<b>3</b> <b>King ranch Chicken</b> <b>Whole Kernel Corn</b> <b>Green Beans</b> <b>Wheat Roll</b> <b>Lime Gelatin</b> <b>Cal:617</b>	<b>4</b> <b>Turkey Sausage</b> <b>Baked Beans</b> <b>Calico Slaw</b> <b>Hot Dog Bun</b> <b>Apple Crisp</b> <b>Cal:767</b>	<b>5</b> <b>Turkey Ham</b> <b>Roasted Potatoes</b> <b>Spinach</b> <b>Dinner Roll</b> <b>Cake</b> <b>Cal:647</b>	<b>6</b> <b>GOOD FRIDAY</b>  <b>LUNCH MENU</b> <b>TBA</b>
<b>9</b> <b>Turkey Breast</b> <b>Spiced Yams</b> <b>Harvard Beets</b> <b>Texas Bread</b> <b>Fresh Fruit</b> <b>Cal:619</b>	<b>10</b> <b>Tuna Mac</b> <b>Green Pea Salad</b> <b>Cucumber Salad</b> <b>Saltine Cracker</b> <b>Pudding</b> <b>Cal:614</b>	<b>11</b> <b>Hamburger Patty</b> <b>Ranch Beans</b> <b>Wheat Bun</b> <b>Peach Crisp</b> <b>Cal:761</b>	<b>12</b> <b>Honey Mustard Chicken</b> <b>Lima Beans</b> <b>Broccoli and Cauliflower</b> <b>Wheat Roll</b> <b>Gelatin</b> <b>Cal:658</b>	<b>13</b> <b>Chili With Beans</b> <b>Brown Rice</b> <b>Vegetables</b> <b>Cornbread</b> <b>Fresh Fruit</b> <b>Cal:792</b>
<b>16</b> <b>BBQ Chicken</b> <b>Country Corn</b> <b>Broccoli</b> <b>Hamburger Bun</b> <b>Fresh Fruit</b> <b>Cal:602</b>	<b>17</b> <b>Fish Nuggets</b> <b>Whipped potatoes</b> <b>Green Beans</b> <b>Wheat Bread</b> <b>Gelatin</b> <b>Cal:689</b>	<b>18</b> <b>Beef Taco Meat</b> <b>Pinto Beans</b> <b>Flour tortilla</b> <b>Hot Diced Apples</b> <b>Taco Sauce</b> <b>Cal:620</b>	<b>19</b> <b>Turkey Breast</b> <b>Swiss Cheese</b> <b>Carrot Pineapple Salad</b> <b>Wheat Bread</b> <b>Fresh Banana</b> <b>Cal:667</b>	<b>20</b> <b>Oven Fried Chicken</b> <b>Sweet Potatoes</b> <b>Cabbage</b> <b>Corn Bread</b> <b>Fresh Fruit</b> <b>Cal:851</b>
<b>23</b> <b>MeatLoaf</b> <b>Tomato Gravy</b> <b>Whipped Potatoes</b> <b>Vegetables</b> <b>Texas Bread</b> <b>Fresh Fruit</b> <b>Cal:635</b>	<b>24</b> <b>Turkey Ham</b> <b>Harvard Beets</b> <b>Sliced Carrots</b> <b>Cornbread</b> <b>Fresh Fruit</b> <b>Cal:671</b>	<b>25</b> <b>Baked Chicken</b> <b>Chicken Gravy</b> <b>Black Eyed Peas</b> <b>Okra and Tomatoes</b> <b>Wheat Roll</b> <b>Gelatin</b> <b>Cal:694</b>	<b>26</b> <b>Fiesta Macaroni</b> <b>Tossed Salad</b> <b>Green Beans</b> <b>Peach Crisp</b> <b>Cal:723</b>	<b>27</b> <b>Potato Crushed Fish</b> <b>Oven Roasted Potatoes</b> <b>Hamburger bun</b> <b>Hot Diced Apples</b> <b>Cocktail Sauce</b> <b>Cal:626</b>
<b>30</b> <b>Parmesan Chicken</b> <b>Spaghetti Noodles</b> <b>Brussels Sprouts</b> <b>Wheat Bread</b> <b>Fresh Fruit</b> <b>Cal:632</b>				

# **April Lunch Menu**

**Meals on Wheels and More  
Congregate Meal Program**

**For more information, call 512-476-6325.**



**Austin City Council**

Mayor Lee Leffingwell  
 Mayor Pro Tem Sheryl Cole  
 Chris Riley, Place 1  
 Mike Martinez, Place 2  
 Kathie Tovo, Place 3  
 Laura Morrison, Place 4  
 Bill Spelman, Place 5

**City Manager**

Marc A. Ott, City Manager  
 H. G. (Bert) Lumbreras,  
 Asst. City Manager  
 Rudy Garza,  
 Assist City Manager  
 Robert Goode,  
 Asst. City Manager  
 Sue Edwards,  
 Asst. City Manager  
 Michael McDonald,  
 Asst. City Manager  
 Anthony Snipes, Chief of Staff

**Parks Board**

Jane Rivera, Chair  
 Jeff Francell, Vice Chair  
 William Abell, Board Member  
 Linda H. Guerrero, Board Member  
 Carol Lee, Board Member  
 Lynn Osgood, Board Member  
 Jerry Perales, Board Member

**Austin Parks and Recreation**

Sara L. Hensley, CPRP, Director  
 Kimberly A. McNeeley, Asst. Director  
 Cora D. Wright, Asst. Director  
 David Juarez, P.E. Acting Asst.  
 Director  
 Cheryl Bolin, Division Manager -CPD  
 Tiffany M. Cabin, Seniors Program

**SASAC Advisory Board 2012**

George Dankworth, President  
 Kitti Greenough, Vice President  
 Frank Sciafani, Treasurer  
 Mary Cole, Secretary  
 Dorothy Bos  
 Olin Crane            Cathy Crossland  
 Anna Saenz           Pat Smith  
 Donna Vollmer      Dorris Murray  
 Dorris Murray

**South Austin Senior Activity  
Center Staff**

Angela Niemiec, CPRP/CTRS -  
 Recreation Programs Supervisor  
 John Harros -  
 Recreation Programs Specialist  
 West Baxter, MSRLS -  
 Recreation Programs Specialist  
 Datron Plummer -  
 Building & Grounds Assistant  
 Mable Rivers-  
 Administrative Associate

**Mission**

The purpose of the Parks and  
 Recreation Department is to  
 provide, protect and preserve a  
 park system that promotes  
 quality recreational, cultural and  
 outdoor experiences for the  
 Austin community.

**REC Principles: Recreational-Enviornmental-Cultural**

The Austin Parks and Recreation Department uses a professional, systematic and studied approach in determining the programs and services we offer our community. This strategy is reflected in our Recreational, Environmental, and Cultural Program Principles. These principles are used in determining programs and services:

- Provide programs and services that help fulfill the organizational mission, vision, goals and objectives adopted by the Austin City Council and the Austin Parks and Recreation Department.
- Provide programs that follow all applicable laws, ordinances, resolutions and standard operating procedures.
- Develop programs that have a stated purpose, goals and objectives which specify benefits and outcomes that the program will offer participants and the community.
- Offer accessible, affordable recreational, environmental and cultural program opportunities in a safe environment for all ages, abilities, interests and socio-economic levels, highlighting Austin's diversity.
- Encourage and respond to community input in program planning, development and evaluation.
- Programs will balance community needs with financial viability providing an overall financially sound recreation program to the Austin community.